

AMENDMENTS TO THE SPECIFICATION:

Page 5, between lines 24 and 25, insert the following paragraphs:

-- Figure 6a shows an alternative embodiment of the training device of present invention showing in particular the lug engagement between two engaged mats;

Figure 6b shows an alternative embodiment of the training device of present invention showing in particular the zipper engagement between two engaged mats;--

Page 11, replace the paragraph at lines 1-2 with the following paragraph:

--Further, an individual can place their left foot on positional indicia **24** and their right toe on positional indicia **25**.--

Page 11, between lines 17 and 18, insert the following paragraphs:

--Referring now to Fig. 6a, the training device according to another embodiment of the present invention is shown with balancing bar **226** and lugs **200** used to co-engage mats **21**, **217**.

Referring now to Fig. 6b, the training device according to yet another embodiment of the present invention is shown

with balancing bar **326** and zipper **300** used to co-engage mats  
**31, 317.--**

In the Drawings:

Replace the drawing sheet depicting Figs. 6A to 6D with  
the replacement drawing sheet appended hereto.